

**Full Report (All Nutrients) 14044, Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan**

Report Date: December 03, 2015 11:35 EST

Nutrient values and weights are for edible portion.

**Food Group : Beverages**

Manufacturer Unilever

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bottle 295g
<b>Proximates</b>					
Water	g	88.33	--	--	260.57
Energy	kcal	58	--	--	171
Energy	kJ	243	--	--	717
Protein	g	6.59	--	--	19.44
Total lipid (fat)	g	2.88	--	--	8.50
Ash	g	0.61	--	--	1.80
Carbohydrate, by difference	g	0.85	--	--	2.51
Fiber, total dietary	g	0.4	--	--	1.2
Sugars, total	g	0.60	--	--	1.77
<b>Minerals</b>					
Calcium, Ca	mg	130	--	--	384
Iron, Fe	mg	0.96	--	--	2.83
Magnesium, Mg	mg	44	--	--	130
Phosphorus, P	mg	136	--	--	401
Potassium, K	mg	179	--	--	528
Sodium, Na	mg	72	--	--	212
Zinc, Zn	mg	0.85	--	--	2.51
Copper, Cu	mg	0.014	--	--	0.041
Selenium, Se	µg	4.5	--	--	13.3
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	19.4	--	--	57.2
Thiamin	mg	0.170	--	--	0.502
Riboflavin	mg	0.190	--	--	0.560
Niacin	mg	2.390	--	--	7.050

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bottle 295g
Pantothenic acid	mg	1.195	--	--	3.525
Vitamin B-6	mg	0.208	--	--	0.614
Folate, total	µg	39	--	--	115
Folic acid	µg	41	--	--	121
Folate, food	µg	0	--	--	0
Folate, DFE	µg	69	--	--	204
Choline, total	mg	0.0	--	--	0.0
Vitamin B-12	µg	0.60	--	--	1.77
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	171	--	--	504
Retinol	µg	171	--	--	504
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	565	--	--	1667
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	4.58	--	--	13.51
Vitamin E, added	mg	4.58	--	--	13.51
Vitamin D (D2 + D3)	µg	1.1	--	--	3.2
Vitamin D3 (cholecalciferol)	µg	1.1	--	--	3.2
Vitamin D	IU	45	--	--	133
Vitamin K (phylloquinone)	µg	6.5	--	--	19.2
<b>Lipids</b>					
Fatty acids, total saturated	g	0.450	--	--	1.328
4:0	g	0.004	--	--	0.012
6:0	g	0.001	--	--	0.003
8:0	g	0.001	--	--	0.003
10:0	g	0.003	--	--	0.009
12:0	g	0.002	--	--	0.006
14:0	g	0.014	--	--	0.041
15:0	g	0.000	--	--	0.000
16:0	g	0.289	--	--	0.853

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bottle 295g
17:0	g	0.000	--	--	0.000
18:0	g	0.137	--	--	0.404
20:0	g	0.038	--	--	0.112
22:0	g	0.019	--	--	0.056
Fatty acids, total monounsaturated	g	2.100	--	--	6.195
14:1	g	0.000	--	--	0.000
15:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.008	--	--	0.024
17:1	g	0.000	--	--	0.000
18:1 undifferentiated	g	1.692	--	--	4.991
20:1	g	0.036	--	--	0.106
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.290	--	--	0.855
18:2 undifferentiated	g	0.518	--	--	1.528
18:3 undifferentiated	g	0.249	--	--	0.735
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c	g	0.000	--	--	0.000
20:3 undifferentiated	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	4	--	--	12
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

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<sup>4</sup>McMurrough, I. and Madigan, D. **Semipreparative chromatographic procedure for the isolation of dimeric and trimeric proanthocyanidins from barley.**, 1996 J. Agric. Food Chem. 44 7 pp.1731-1735

<sup>5</sup>Rehová, L., Škeriková, V., and Jandera, P. **Optimisation of gradient HPLC analysis of phenolic compounds and flavonoids in beer using a CoulArray detector.**, 2004 J. Sep. Sci. 27 pp.1345-1359

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<sup>10</sup>Madigan D. and McMurrough I. **Determination of proanthocyanidins and catechins in beer and barley by high-performance liquid chromatography with dual-electrode electrochemical detection.**, 1994 Analyst 194 pp.863-868

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